If you are unsure of anything, BEFORE your procedure, you should contact the Endoscopy Department on 01246 515869

If you are on an insulin pump you will be encouraged to self manage. Please ask the staff to contact the diabetes team if you require advice.

The day before your procedure:
- Eat and drink normally during the day.
- Take your usual doses of insulin.
- Make sure you have your usual snack before going to bed.

The day of your procedure - morning
- Check your blood sugar level at home.
- See overleaf for instructions about taking your insulin.
- Follow your instructions about when to stop eating and drinking.
- Bring all your medication with you, including your insulin and all the instructions for giving it.

The day of your procedure - afternoon
- Check your blood sugar level at home.
- See overleaf for instructions for your diabetic medication
- Follow your admission instructions about when to stop eating and drinking.
- If you feel faint or dizzy and your blood sugar is less than 4, drink half of a glass of a sugary drink (eg Lucozade) tell the staff when you arrive.
- Bring a sugary drink with you.
- Bring all your medication with you, including insulin and all the instructions for giving it.

Whilst at the hospital
- When you arrive you will have your blood sugar checked.
- Any concerns about your blood sugar level will be discussed with you

After your procedure
- Your blood sugar level will be checked regularly.
- You will be given a drink and a biscuit as soon as you are able to tolerate them.

When you get home
- Check your blood sugar level before your evening meal.
- Check your blood sugar level before you go to bed.
- Your blood sugar may be higher or lower than usual and may take a few days to settle down after the procedure.
- If you feel sick and are unable to eat, check your blood sugar level. If it is less than 4mmols try to take a sugary drink eg Lucozade and contact the endoscopy unit or your usual diabetes team for advice.

Contact telephone numbers:
- Diabetes team Monday to Friday 9am – 5pm 01246 512113
- Endoscopy Department Monday to Friday 8am-6pm 01246 512869
- Out of hours: you may need to contact your GP or come to the Emergency Department
## Guidance For Adjustment Of Insulin Doses For Patients, With Diabetes, Attending For Flexible Sigmoidoscopy With Enema Preparation

<table>
<thead>
<tr>
<th>Usual Insulin</th>
<th>Day before procedure</th>
<th>Day of Procedure Morning Procedure</th>
<th>Day of Procedure Afternoon Procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Once daily (evening)</strong></td>
<td>Take your usual dose.</td>
<td>Take your usual dose.</td>
<td>Take your usual dose.</td>
</tr>
<tr>
<td>eg Lantus/Glargine Levemir/Detemir Insulatard or Humulin I</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Once daily (morning)</strong></td>
<td>Take your usual dose.</td>
<td>Take your usual dose.</td>
<td>Take your usual dose.</td>
</tr>
<tr>
<td>eg Lantus/Glargine Levemir/Detemir Insulatard or Humulin I</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Twice daily Isophane</strong></td>
<td>Take your usual dose.</td>
<td>Take your usual doses.</td>
<td>Take your usual doses.</td>
</tr>
<tr>
<td>eg Insulatard or Humulin I</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Twice daily mixed insulin</strong></td>
<td>Take your usual dose.</td>
<td>Do not take any insulin at breakfast time. Take half your usual morning dose with lunch after your procedure. Take your usual insulin dose with your evening meal.</td>
<td>Take half your usual morning dose with breakfast (before 7.30). Take your usual insulin dose with your first meal after your procedure.</td>
</tr>
<tr>
<td>eg Novomix 30, Humulin M3 Humalog Mix 25, Humalog Mix 50</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Basal bolus regimes Long and short acting insulin</strong></td>
<td>Take your usual dose.</td>
<td>Continue your long acting background insulin at your usual dose and time. Do not take short acting insulin at breakfast time. Take your usual short acting dose with your next meal after your procedure.</td>
<td>Continue your long acting background insulin at your usual dose and time. Take your usual dose of short acting with breakfast (before 7.30). Do not take short acting insulin at lunchtime. Take your usual short acting dose with your next meal after your procedure.</td>
</tr>
<tr>
<td>eg Novorapid or Humalog with meals and Glargine once daily.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>3 Times daily mixed insulin</strong></td>
<td>Take your usual dose.</td>
<td>Do not take any insulin at breakfast time. Take half your usual dose at lunch time (after your procedure) Take your usual dose with your evening meal.</td>
<td>Take half your usual morning dose with breakfast (before 7.30). Do not take any insulin at lunch time. Take your usual dose with your evening meal.</td>
</tr>
<tr>
<td>eg Novomix 30 Humulin M3</td>
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</tr>
</tbody>
</table>